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The impact of inappropriate media exposure on adolescent actions

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ABSTRACT

Adolescence is a transitional stage from childhood to adulthood, characterized by various physical and hormonal changes that contribute to the development of distinct behaviors and heightened curiosity, particularly regarding relationships and personal identity. During this period, adolescents may encounter inappropriate media, which can influence their actions and perceptions of themselves and others.

This study aims to examine the relationship between exposure to inappropriate media and specific adolescent actions. Using a quantitative approach with proportionate stratified random sampling, the study surveyed 338 students from grades X, XI, and XII at SMAN 2 Padalarang. Two research instruments were employed to assess both exposure to inappropriate media and adolescent actions related to self-gratification, with their validity and reliability confirmed.

The findings revealed that 59.5% of adolescents had been exposed to inappropriate media, and 55.3% engaged in behaviors related to self-gratification. A significant relationship was found between exposure to inappropriate media and these behaviors, with a p-value of 0.000.

Based on these results, the researchers recommend that adolescents seek healthy, informative content about relationships and sexuality from trusted sources. They also encourage counseling on reproductive health to guide them in making responsible, informed decisions.

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Introduction

In the modern digital age, technological advancements have significantly transformed the way people communicate and interact, particularly in Indonesia. Social media platforms offer numerous benefits, such as enhancing communication and facilitating digital socialization.

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However, the increased use of social media has also led to concerns about the accessibility of inappropriate content, which is often easily available to all age groups, especially adolescents. This issue is particularly pressing in Indonesia, where a large proportion of adolescents are exposed to harmful content via various media channels. Surveys have shown that digital platforms are the primary source through which young people are exposed to inappropriate material (Yutifa, Dewi, Misrawati, 2015).

The widespread use of online platforms like Facebook, Instagram, Twitter, and YouTube has made socializing and accessing information easier than ever. Unfortunately, some individuals misuse these platforms to spread inappropriate material that can negatively impact adolescent development (Simamora, 2017). One of the most troubling aspects of modern media consumption is the accessibility to explicit content, which can shape young people's understanding of relationships and behaviors. The term "explicit media" refers to content that depicts human behaviors or relationships in a way that is intended to stimulate sexual interest and curiosity.

Adolescence is a critical period of development, marked by rapid physical, emotional, and social changes. As adolescents experience heightened curiosity about human relationships and behaviors, they may encounter content that influences their perceptions and actions. This curiosity often intersects with the developmental stage of increased hormonal activity, which can drive young people to seek out information that is not always appropriate or beneficial.

As adolescents explore their identity and relationships, they may engage in behaviors influenced by the media they consume. This can include seeking self-knowledge or expressing their emotions in ways that are shaped by external influences, such as media portrayals of human interactions. However, such behaviors, when encouraged by inappropriate media, can lead to physical and psychological consequences, including a lack of emotional balance and distorted views on relationships and personal boundaries (Sulistiani, 2016; Warlenda et al., 2018).

While previous studies have explored adolescent sexual behaviors and the influence of media on these behaviors (Yundelfa & Fitri, 2020; Yukhi, 2021; Ramadia & MS, 2019), few have examined the specific relationship between exposure to inappropriate media and certain behaviors in adolescents. Most studies focus on broader sexual behaviors, such as premarital relations, rather than the influence of media on particular actions. There remains a significant gap in research that directly addresses how the consumption of inappropriate content shapes adolescent behavior, especially in the Indonesian context, where discussing such issues is often considered sensitive. This highlights the need for further investigation into the impact of digital media on adolescent actions, with the aim of promoting healthy and responsible media consumption practices among young people.

Literature review

The impact of inappropriate media on adolescent actions

Exposure to inappropriate media, particularly explicit content, has been shown to have a significant impact on adolescent actions, especially in the realm of sexual actions. Studies have consistently revealed the influence of digital media on adolescents' sexual knowledge, attitudes, and behaviors.

Research by Yundelfa and Fitri (2020) highlighted that 61.5% of vocational high school students in Padang were exposed to explicit media, which was linked to an increase in premarital sexual behavior. Similarly, Yukhi (2021) found that adolescents frequently accessed explicit content through social media platforms like Telegram, Instagram, and WhatsApp, which in turn influenced their sexual attitudes and knowledge. In line with this, Ramadia and MS (2019) reported that 52.4% of adolescents had encountered harmful explicit content through images and videos from electronic media. Warlenda et al. (2018) further emphasized that such exposure could lead to behaviors like self-stimulation, as adolescents are often influenced by the readily available media on the internet.

Research conducted by Tripayana et al. (2021) at Dalung Tourism Vocational School established a significant relationship between the exposure to inappropriate media and premarital sexual behavior in adolescents, with a p-value of <0.05. Additionally, Rahayu et al. (2020) found that 41.3% of junior high school students in Semarang had accessed explicit content, which was related to an increased likelihood of engaging in risky sexual behaviors. Gayatri et al. (2020) at SMA 'X' in Bogor also found a strong correlation between the frequency of accessing inappropriate media and risky sexual behaviors among adolescents.

The implications of exposure to inappropriate media are multifaceted. One of the potential consequences is the development of harmful behavioral patterns, such as excessive self-stimulation, which can lead to psychological and physical issues. In cases where self-stimulation becomes a habit, it can cause negative impacts on an individual's mental health, relationships, and overall well-being. For instance, continuous engagement in such behaviors can lead to sexual disorders like premature ejaculation, which, when left unaddressed, can strain personal relationships and cause emotional distress.

In the context of religious teachings, particularly in Indonesia where both Islam and Christianity/Catholicism strongly oppose such behaviors, adolescents may experience internal conflict. Many religious teachings prohibit self-stimulation, labeling it as a sinful act. This internal conflict is heightened by exposure to explicit content, which, combined with the hormonal changes experienced during adolescence, can lead to a loss of control and the development of unhealthy habits (Tay, 2009; Ulum, 2022; Fitriani Umar, 2020).

Men who engage in self-stimulation often experience a cycle where the biological urge for sexual release leads to repeated behavior, increasing the tendency to engage in such actions. This ongoing cycle creates an internal conflict, as adolescents feel torn between their biological desires and their spiritual beliefs, which may lead to stress, guilt, depression, and other mental health issues (American Urological Association, 2020; Coskuner & Ozkan, 2021; Waldinger, 2016).

Research methodology

This study utilized a quantitative research approach, employing a descriptive design with a cross-sectional methodology to analyze the relationship between exposure to inappropriate media and adolescent behavior. The focus of the research is on high school students from SMAN 2 Padalarang.

Population and sampling

The study targeted a total of 338 students as its sample. Participants were selected using proportionate stratified random sampling, ensuring representation from various subgroups within the student body.

Data collection instrument

Data were collected through a structured questionnaire, which was designed to capture key variables related to exposure to inappropriate media and behavioral outcomes. Responses were analyzed using frequency distribution to summarize and interpret the data.

Tools for data analysis

The analysis included both univariate analysis, which examined individual variables such as gender, age, media exposure, and behavior patterns, and bivariate analysis, which focused on determining the relationship between media exposure and specific behaviors.

Ethical review

This research has been approved by the Health Research Ethics Committee of Saint Borromeus University with the research ethics feasibility certificate number 016/USTB/Etik/Has./VI/2023.

Results.

Table 1. Gender

Gender	Total (n)	Percentage (%)
Female	174	51.5
Male	164	48.5

Table 1 shows that more than half of the respondents 51.5% are female teenagers.

Table 2. Age

Age	Total (n)	Percentage (%)
Early adolescence (12 – 16)	58	17.2
Late adolescence (17 – 25)	280	82.8

Table 2 shows most respondents (82.8%) are late adolescence.

T***able 3. Exposure to inappropriate media***

Exposure to inappropriate media	Total (n)	Percentage (%)
Not exposed	137	40.5
Exposed	201	59.5

Table 3 shows more than half of respondents (59.5%) are exposed to inappropriate media.

Table 4. Adolescent actions related to Self-gratification

Adolescent actions related to Self-Gratification	Total (n)	Percentage (%)
Not doing	151	44.7
Doing	187	55.3

Table 4 reveals that more than half of the respondents, specifically 55.3%, reported engaging in adolescent actions related to self-gratification. This finding suggests that a significant portion of the adolescent population may be exploring these actions during this developmental stage. It underscores the importance of understanding the factors influencing such actions and the potential impact they may have on the well-being and behavior of adolescents.

Table 5. Relationship between exposure to inappropriate media and adolescent action-related Self-Gratification

	r	*p-value*

Exposure to inappropriate media and adolescent actions related to Self-Gratification	0,507	0,000

Table 5 presents the results of the Spearman rank correlation test, where the p-value (0.000) is less than the significance level ($\alpha = 0.05$), indicating that the null hypothesis (H0) is rejected and the alternative hypothesis (Ha) is accepted. This suggests that there is a significant relationship between exposure to inappropriate media and adolescent actions. The R value of 0.507 indicates a moderate positive correlation, meaning that as exposure to inappropriate media increases, so does the likelihood of certain adolescent actions. Conversely, a decrease in exposure to inappropriate media corresponds to a reduction in these behaviours.

Discussion

a. Exposure to inappropriate media

Table 3 presents data from 338 respondents, including both female and male adolescents, showing that 59.5% were exposed to inappropriate media. The breakdown based on gender reveals that 46.3% of female adolescents and 53.7% of male adolescents had access to such media. The exposure occurs through various social media platforms, reflecting the ease with which adolescents can access online content, some of which may influence their understanding and behavior related to relationships and personal conduct.

According to the results from the questionnaire on media exposure, both female and male adolescents reported access to inappropriate content through electronic devices such as smartphones, computers, and the internet. The overall rate of exposure was found to be 59.5%. This exposure can lead adolescents to imitate or replicate certain behaviors seen in the media, which may promote unhealthy or risky behaviors. These findings align with research by Yukhi (2021), which found that adolescents often accessed inappropriate media through electronic channels, including social media platforms like Telegram, Instagram, WhatsApp, and Facebook, as well as by streaming or downloading adult content. Similarly, a study conducted at SMK Tamansiswa Padang showed that 61.5% of students were exposed to inappropriate media (Yundelfa & Fitri, 2020).

The ease of accessing unregulated content online can have negative consequences on how adolescents perceive relationships and personal boundaries (Fo, 2018). The study also suggests that as exposure to inappropriate media increases, there may be a corresponding increase in behaviors related to personal gratification.

From these results, it can be inferred that increased consumption of inappropriate media may influence adolescents' attitudes and actions in ways that reflect those portrayed in the media. Adolescents may experiment with behaviors they observe in media content to gain emotional or

physiological stimulation. These experiences can lead to increased permissiveness towards certain behaviors, such as physical affection, and may contribute to a broader shift in social norms, as suggested by Rosadi (2001) in (Nugroho et al., 2016).

b. Adolescent behavior

Table 4 shows that out of 338 respondents, consisting of both female and male adolescents, 55.3% reported engaging in adolescent actions related to personal gratification. The research data on these behaviors, categorized by gender, revealed that 41.2% of female adolescents and 58.8% of male adolescents engaged in such behaviors. These behaviors can be understood as actions driven by a need for self-satisfaction, which may stem from physiological urges during adolescence.

This study aligns with research conducted on similar behaviors among college students, where findings revealed that a significant proportion of respondents (56.7%) exhibited higher levels of such behaviors, while 60% of those surveyed showed unhealthy patterns (Siregar, 2023). Additionally, this research suggests that factors such as gender and age may influence the prevalence of these behaviors. Adolescents who are not exposed to comprehensive sexual education may engage in such activities without fully understanding the consequences. These behaviors, when left unchecked, can lead to a range of negative outcomes, including emotional and physiological consequences related to sexual drive.

According to Abidin (2018), behaviors related to self-gratification, if not managed properly, can have detrimental effects both socially and physically. Socially, these behaviors may lead to feelings of shame or guilt, as well as possible social sanctions. Psychologically, engaging in such behaviors can lead to addiction, poor self-esteem, and a distorted sense of identity. The physical consequences can also be severe, potentially affecting vital organs when the behavior becomes habitual. Adolescents may engage in these behaviors out of curiosity, influenced by observing peers or being exposed to adult behaviors (Siregar, 2023).

c. Relationship between Exposure to Inappropriate Media and Adolescent Actions related to Self-Gratification

Based on the results of the Spearman rank statistical test, a significant p-value (0.000) was obtained, which is lower than α (0.05), or (p-value < α). Therefore, the null hypothesis (H0) is rejected, and the alternative hypothesis (Ha) is accepted. This means that there is a relationship between exposure to inappropriate media and adolescent actions related to self-gratification. These two variables exhibit a positive correlation with an R value of 0.506, indicating a moderate and direct relationship. This suggests that as exposure to inappropriate media increases, so does the likelihood of engaging in certain behaviors among adolescents. Conversely, lower exposure to inappropriate media tends to be associated with less frequent engagement in these behaviors.

This finding is in line with research by **Kurnia (2017)**, which explored the relationship between exposure to inappropriate media and sexual behaviors. It showed a moderate and significant correlation ($R = 0.586$, p-value $= 0.000 < 0.05$) among grade XI students at SMA Klaten, suggesting a similar relationship between media exposure and adolescent behavior.

In the study conducted, 200 respondents (59.3%) reported exposure to inappropriate media, and 186 respondents (55.2%) engaged in certain behaviors. This trend can be attributed to the ease of accessing media content, particularly information related to sexual matters, which can have an impact on behavior. **Ramadia & MS (2019)** found similar results in their study at SMK Negeri Kota Payakumbuh, where 52.4% of 124 respondents were exposed to inappropriate media, with 53.2% exhibiting behaviors associated with these exposures.

The mass media serves as a powerful tool for disseminating information, but when misused, it can have a harmful impact on adolescent psychology, encouraging them to experiment with new behaviors. Exposure to inappropriate media can contribute to more permissive attitudes toward sexual activities, which may manifest in behaviors such as kissing, touching, and ultimately, more intimate interactions. **Catur Wijayanti et al. (2018)** noted that such behaviors, starting with less intimate acts, often progress over time if curiosity and exposure to media continue to reinforce them.

Amaliyasari and Puspitasari (2008) also explained that external factors, including media exposure, significantly influence sexual behaviors. As adolescents grow older, they become more curious about sexual topics, especially as they hear about or see others engaging in such activities. **Dianawati (2008)** noted that curiosity is one of the key drivers for adolescents to experiment with behaviors seen in media, including sexual experimentation.

As adolescents reach puberty, their reproductive organs develop and their psychological maturity progresses. This development, combined with the influence of media that often blends educational and inappropriate content, can significantly affect their sexual behavior. **Gunawan (2015)** highlighted the strong connection between exposure to media and adolescent sexual behavior, which is influenced by both biological maturity and the flow of media information.

The study also found that male adolescents are more susceptible to the influence of inappropriate media. Out of 163 male respondents, 107 (53.5%) were exposed to inappropriate media, and 109 (58.6%) engaged in related behaviors. This finding aligns with the opinion of **John Rais**, who argued that male adolescents tend to exhibit more aggressive sexual behavior compared to females. This may be due to different hormonal influences and a stronger inclination to experiment with new experiences than female adolescents, as noted by **Anjani & Zahara (2020)**. Other studies across different countries have similarly shown that male adolescents are more

likely to engage in certain behaviors, possibly due to looser societal norms surrounding male sexual expression (Sarwono, 2015).

The data also revealed that older adolescents were more likely to engage in these behaviors, likely due to the natural progression of puberty and the accompanying increase in sex hormones, as discussed by **Arya (2019)**.

Conclusions

Based on the findings of this study, several key conclusions can be drawn. First, more than half of the respondents—specifically 59.5% or 201 individuals—reported exposure to inappropriate media. This suggests that a significant portion of the adolescent population is encountering media content that may not be suitable for their age, potentially influencing their perceptions and behaviors.

Second, the study found that most of the respondents—55.3% or 187 individuals—engaged in behaviors commonly associated with adolescence. This indicates that a notable number of adolescents are acting in ways that align with the natural curiosity and exploration characteristic of this developmental stage.

Finally, the research identified a clear relationship between exposure to inappropriate media and adolescent actions. The data suggested that as exposure to inappropriate media increases, so does the likelihood of adolescents engaging in behaviors that align with what they have encountered in these media. This finding highlights the importance of addressing the influence of media on adolescent behavior and underscores the need for more effective interventions and educational programs to guide young people in navigating their digital environments.

Authors' contribution: Yuanita Ani Susilowati served as the main author who conceptualized the study and wrote the manuscript. Thomas Tri Doni was responsible for data collection and data processing. Tina Shinta Parulian and Yosi Maria Wijaya contributed to the data analysis process. Dian Putrawangsa supported the editing, paraphrasing, and formatting of the manuscript. Susanti Niman also assisted in the data analysis.

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